VANCOUVER metro®
NEWS WORTH SHARING.

We're taking a day off

Metro won't be publishing on Remembrance Day. Look for us again on Wednesday

Abbotsford golfer wins first PGA tourney

'It's very surreal,' says Nick Taylor PAGE 22

EVERYONE LOVES A GOOD COMEBACK

LISA KUDROW RETURNS AS WASHED-UP ACTRESS VALERIE CHERISH ON RESURRECTED HBO COMEDY PAGE 14

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Dynamic duo

Canadian singer-songwriter Neil Young and environmentalist David Suzuki put on their final show of the Blue Dot Tour, Sunday at the Orpheum Theatre in Vancouver FOR STORY, GO TO METRONEWS.CA

DARRYL DYCK/THE CANADIAN PRESS

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NEWS 1

Brian Whitlock

Man charged with murder was convicted of beating his dog

Vancouver police confirm that the man charged with second-degree murder on Sunday is the same man convicted last year of beating his dog to death.

Brian Whitlock, 28, was taken into custody Sunday morning after allegedly killing a woman.

On Saturday night, police responded to investigate reports of a woman found dead at a home on W. 23rd Avenue, near Balaclava Street. There, they found a man who had barricaded himself in the home. An eight-hour standoff ensued, but eventually the man was arrested.

Whitlock is expected to appear in court Monday morning, with police recommending a charge of second-degree murder.

The victim's name has not been released.

Last year, Whitlock pleaded guilty to causing unnecessary pain or suffering to an animal after his two-year-old German shepherd, Captain, was found in a Vancouver dumpster, suffering from extensive injuries in July 2012. The dog died of its injuries.

Whitlock's lawyer at the time said the man suffered from mental illness and assaulted the dog with a baseball bat thinking it was poisoned and had been "going evil or something."

He was sentenced to 60 days in jail and received a lifetime ban from owning animals. The incident spurred widespread protests from animal advocates.

MATT KIELTYKA/METRO, WITH FILES FROM THE CANADIAN PRESS

Councillor's wreath to honour gay soldiers

Remembrance Day. LGBT service members to be commemorated for first time

EMILY JACKSON
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They fought and died for Canada at a time when their sexuality was pushed behind closed doors, leaving their loved ones to mourn in silence.

But Vancouver Coun. Tim Stevenson will recognize LGBT soldiers on Remembrance Day by placing a ceremonial wreath at the Cenotaph at Victory Square.

"The army in those days was a very homophobic place. Even if you fell in love and they were killed, you dare not tell another soldier," said Stevenson, who has laid a wreath at the Cenotaph every year for the past 18 years.

Nor would a fallen soldier's partner back home be able to mourn their loss with the community support given to mothers, wives and girlfriends.

"Their lovers grieved in silence. They never would have got comfort from their families or their partners' families," he said.

Stevenson, whose father fought in in the Second World War, wanted to draw attention to the gay soldiers who, to the best of his knowledge, have never been specifically recognized at the ceremony for their contributions or closeted suffering. The army did finally accept openly gay soldiers in 1992.

On a trip to Europe's battlefields a few years ago, he saw a memorial dedicated to Aboriginal soldiers and was inspired to do something to acknowledge the LGBT community.

The idea was welcomed by the Vancouver Poppy Fund, which handles all wreath requests and distributes poppies across B.C.

"We welcome anybody who wants to lay a wreath," said Cam Cathcart, chair of the Vancouver Remembrance Day Committee.

Vancouver Pride Society president Tim Richards and Vision Vancouver Coun. Tim Stevenson display the Remembrance Day wreath dedicated to GLBTTQ soldiers. GRACE CAMERON/DAILY XTRA

Remembrance Day events

- Lighting of the Vancouver Cauldron, Jack Poole Plaza, 8:30 a.m.
- Remembrance Day Ceremony and Parade, Cenotaph at Victory Square, 9:45 a.m. to 11:30 a.m.
- Memorial South Park Cenotaph, 41st Avenue and Windsor Street, 10:30 a.m.
- CRAB Park at Portside, 10:30 a.m.
- Japanese Canadian War Memorial in Stanley Park, 10:40 a.m.
- Grandview Park, 1657 Charles Street at Commercial Drive, 10:45 a.m.
- Royal Vancouver Yacht Club, 3811 Point Grey Road, 11:30 a.m.
- Chinatown Memorial, Keefer at Columbia streets, 12:30 p.m.

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Kinder Morgan opponents can't keep a straight face

Snarling selfies.
Scores take to social media to face off with energy giant over court argument that scowls can constitute assault

Bulging eyes, scrunched noses, bared teeth — anti-oil pipeline protesters are facing off against energy giant Kinder Morgan with the meanest mugs they can muster.

Scores are posting snarling selfies online after legal arguments made in B.C. Supreme Court last week that facial expressions constitute assault.

Kinder Morgan lawyer Bill Kaplan told the court that activists who have blocked a subsidiary pipeline builder in a Metro Vancouver conservation area obstructed workers, in part, by making faces.

Millions of dollars in damages are being sought.

A social-media meme poking fun at the assertion has gone viral. Professed environmental advocates, random members of the public, at least one of the defendants, and Vancouver Mayor Gregor Robertson have uploaded interpretative photos dubbed the "Kinder Morgan face."

Kaplan had argued the defendants conspired against Kinder Morgan, employing social media and telephone networks to harm the oil company and pipeline builder Trans Mountain as it seeks to nearly triple capacity by expanding a route under Burnaby Mountain. He entered into evidence photographs of protesters wearing facial expressions he said demonstrate anger and violence.

"One of the things I will argue is that is not only intimidation, but that is actually an assault," he said on Wednesday. THE CANADIAN PRESS

Photos posted on Twitter under #KMFace, including Vancouver Mayor Gregor Robertson, top right, and Simon Fraser University professor Lynne Quarmby, bottom centre. TWITTER/THE CANADIAN PRESS

Dozens of disaffected sign up for protest training

Anti-pipeline protesters erected a shelter last month along Centennial Way on Burnaby Mountain. JENNIFER GAUTHIER/METRO

More than 100 people gathered in a Vancouver church hall on Sunday to learn about not-so-divine interventions.

Pipeline opponents took part in a day of non-violent direct action training at St. James Community Square, where ForestEthics and other environmental advocacy groups taught concerned citizens about the history of direct action, protest techniques and civil rights.

Approximately 120 people registered for the event, according to ForestEthics organizer Ben West.

"They don't have much faith in the federal government and the processes it sets up … so some people are prepared to do something about it themselves," said West. "It can be scary and dangerous, so our co-ordinators are answering questions to how best to engage in direct action, what happens and what rights people have."

West said more sessions are planned, especially in the aftermath of a standoff and legal action this month between Kinder Morgan and protesters on Burnaby Mountain.

People aren't cowed by the company's lawsuit against protesters, fears of police surveillance or the sense that the government is poised to approve the project, West said.

"It's emboldened them, actually," he said.

"We have nothing to hide here; most people are proud to do so. They see attempts to stifle public participation, and it lights a bit of a fire under them."

Organizers stressed that the class emphasized peaceful protest methods.

MATT KIELTYKA/METRO

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Battle between Vision, NPA still rages on before election

Defamation lawsuit. Lapointe calls on Robertson to drop it

EMILY JACKSON
emily.jackson@metronews.ca

Vision Vancouver and the Non-Partisan Association are ramping up their efforts to discredit each other and win power at city hall with less than a week left until the Nov. 15 municipal election.

NPA mayoral candidate Kirk LaPointe kicked off the battle this weekend by calling on Vision Mayor Gregor Robertson to drop his defamation lawsuit against the NPA over LaPointe's comments and advertisements regarding a union donation to Vision.

"This suit shows Vision's pattern of bullying and harassing those who dare challenge it," LaPointe said in a statement where a lawyer argued his accusations of a "corrupt deal" with CUPE Local 1004 amount to fair comment.

"If Vision refuses to withdraw the suit, rest assured, we will continue to defend free speech and the rights of all those who have been bullied by Vision," LaPointe said.

Vision hit back with a website entitled, "They Win, You Lose," that accuses the NPA of veering so far right it will alienate people who care about housing, social programs, the environment and transit.

Vision also announced an endorsement from former B.C. premier and former Liberal MP Ujjal Dosanjh, who worked with Robertson on issues including crime and the Killarney seniors centre.

"A progressive city needs a progressive mayor, and Gregor Robertson is that progressive mayor based on his accomplishments and his achievements in the last few years and what he's going to do in the future," Dosanjh said at Vision's headquarters on Sunday.

Former B.C. Premier Ujjal Dosanjh endorses Mayor Gregor Robertson at Vision Vancouver headquarters on Sunday. EMILY JACKSON/METRO

Dosanjh said he was "shocked" to hear the NPA's platform doesn't reference homelessness, adding that voters should choose Robertson to continue making progress on the issue. In 2011, Robertson campaigned on a promise to end street homelessness by 2015. He maintains that is still possible.

For a list of all candidates and advance poll locations, visit vancouver.ca/vote.

Driver who hit moose liable for subsequent head-on crash

A driver in northern B.C. who hit a moose crossing the road on a wintry night has been found liable for a subsequent head-on crash that began when another driver ran over the same moose.

B.C. Supreme Court Justice Jeanne Watchuk's judgment sets out the legal liability of motorists who collide with moose, deer and other large animals on B.C.'s highways.

The judge found drivers who hit a moose have a duty to warn approaching vehicles of the hazard on the road.

The accident occurred on the Alaska Highway between Dawson Creek and Fort St. John on Feb. 21, 2011.

Harris Wheeler, who worked in the oil and gas industry, was driving north in his 2003 Ford truck when he hit the moose. He recalled slamming on his brakes but being unable to avoid the moose.

The moose was lying on the highway in the dark when at least nine minutes later, Aron Walter, also driving north, ran over the moose, losing control of his 2004 Ford truck in the process.

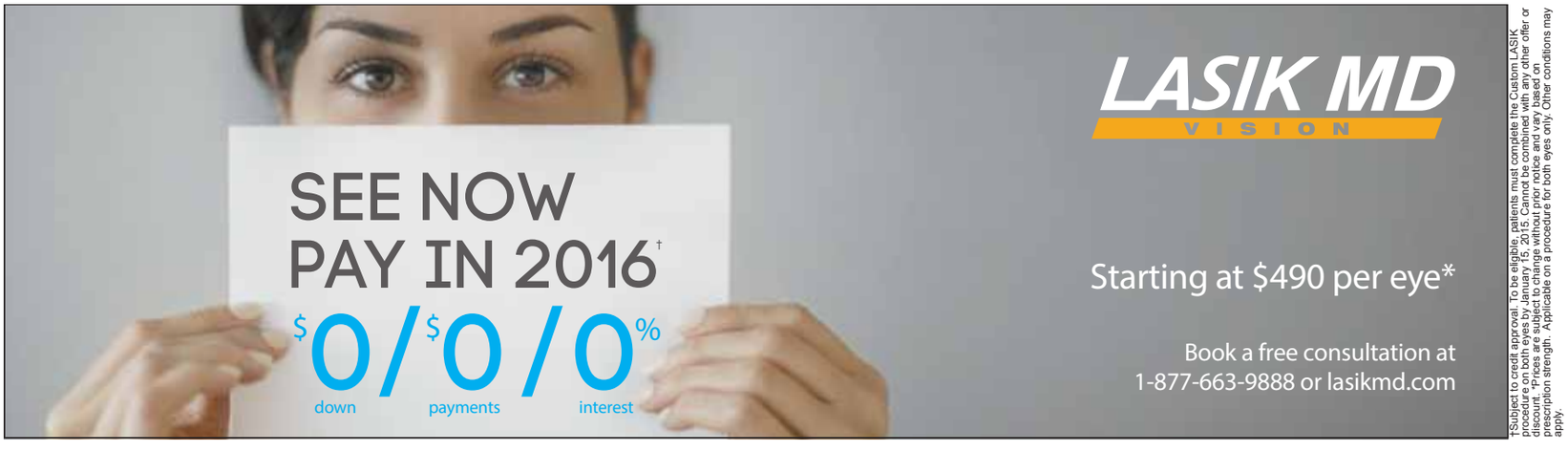
Walter's vehicle crossed the centre line and went into the southbound lane, where it collided head-on with a 2003 Chevrolet Avalanche driven by Raymond Ziemer. Ziemer's wife and four-month-old baby were also in the vehicle.

Wheeler testified he initially pulled over to the side of the highway after hitting the moose, to check what kind of damage it did to his truck.

He said he then got back in and drove down the highway, looking for a safe place to turn around before returning to the accident scene minutes later. By the time he arrived at the scene, the second accident had already happened and another motorist had stopped and was calling 911.

The judge heard evidence from Jason Drol, an expert in perception, response, decision making and visibility. Droll found there was little Wheeler could have done to prevent hitting the moose. Similarly, there was nothing the two other motorists could have done to prevent the head-on collision because it happened so quickly.

But the judge said Wheeler, who was driving a truck with so many exterior lights that it was described as being "lit up like a Christmas tree," had a duty to warn oncoming drivers of the hazard on the road. NEAL HALL/METRO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Harper brings up 'important' concerns during visit to China

Beijing. Chief among issues is the case of Kevin and Julia Garratt, held in the country since August without charges

Prime Minister Stephen Harper said Sunday he's raised a litany of concerns with the Chinese in his meetings with the Communist country's leadership over the past few days, insisting he's only forging closer ties with China to benefit Canada.

Eight years after a newly elected Harper vowed not to sell out to the "almighty dollar" in China, the prime minister said he's hardly let the Chinese off the hook despite inking an array of trade and currency deals worth as much as $2.5 billion over the weekend.

"You can rest assured that every single item that is important in the area of consular issues, human rights, governance, the rights of minorities — I have raised every single one of those," he told the media shortly after meeting with Chinese President Xi Jinping.

"Those are things on which we will continue to follow up and have ongoing dialogue."

The case of Kevin and Julia Garratt is chief among those issues, Harper said after meetings at the majestic Great Hall of the People, located alongside Tiananmen Square, best known as the site of violent pro-democracy protests in 1989.

"That particular case is of significant concern to us, to Canadians, that's why I raised it," he said.

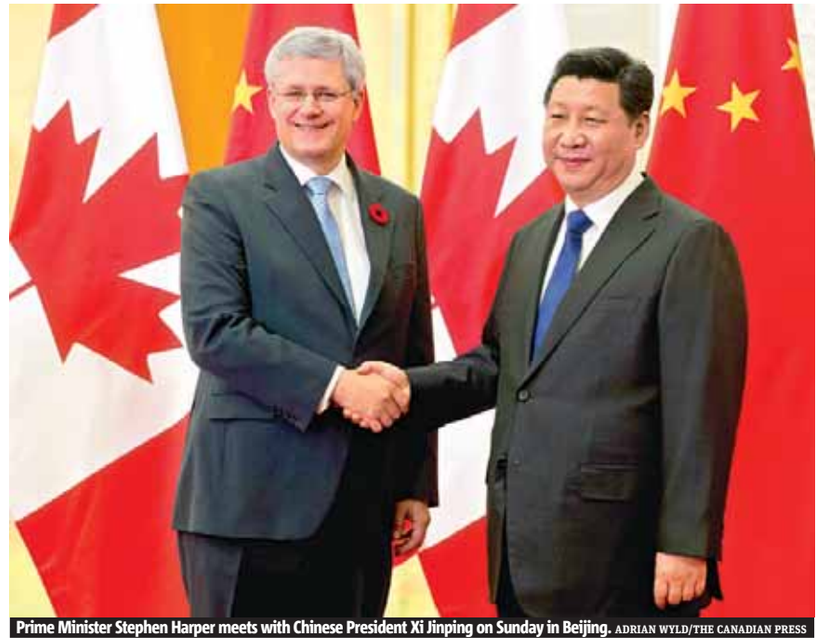
The Garratts, who have lived in China for 30 years, have been held without charges since August. Their detainment came just days after Canada accused the Chinese of spying on federal government agencies.

The prime minister acknowledged later Sunday that the Canada-China relationship has been tense, making reference to the 2006 "almighty dollar" remark that stunned the Canadian business community as it was making efforts to tap into China's exploding economy.

"You may remember there was some controversy in the early days of this government, when we said that when we conducted relationships with China or any other country there were really three elements to that," he said.

"There were not just economic interests, there were also fundamental human values, Canadian values and also our security interests.... We insist that all of those things be on the table in this and any other relationship."

THE CANADIAN PRESS



Prime Minister Stephen Harper meets with Chinese President Xi Jinping on Sunday in Beijing. ADRIAN WYLD/THE CANADIAN PRESS

Info watchdog: Budget woes a danger to Canadians' rights

Suzanne Legault
SEAN KILPATRICK/THE CANADIAN PRESS

The federal information watchdog is almost broke, weathering a cash crunch Suzanne Legault says threatens her ability to protect the rights of Canadians.

Legault's office had just $37,000 left at the end of the last fiscal year — or 0.2 per cent of her overall budget.

The information commissioner is an ombudsman for users of the Access to Information Act, handling complaints about delays, fees and difficulties in obtaining records from federal agencies.

The access law allows people who pay $5 to request a variety of records from federal agencies, from correspondence and briefing notes to audits and hospitality receipts.

Departments are supposed to respond within 30 days or provide good reasons why more time is needed.

In her annual performance report, tabled recently in Parliament, Legault said she enjoyed successes in 2013-14, closing the most complaint files in three years, improving productivity and pursuing numerous legal cases.

However, the number of new complaints rose by 30 per cent. It followed a nine per cent increase in 2012-13.

"This growth in workload occurs in the context of significant financial restraint measures that have had a large impact on my budget," Legault says in the report.

"With the incoming complaints volume showing no sign of abating, and with no financial flexibility, it is increasingly difficult, if not impossible, to keep ahead of demand and respond to complainants in as timely a manner as possible."

It means a gap of about six months between the time a complaint about lack of access to records is received and the time it is assigned to an investigator.

The commissioner's budget must absorb salary increases next year, leaving her concerned "we have been stretched to the limit."

"It is my responsibility to alert the government and Parliament to the risks that the organization is facing," Legault adds in the report.

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Last Canadian soldier shot dead just 2 minutes before end of WWI

Armistice went into effect Nov. 11, 1918, at 11 a.m. Soldier was part of the last allied push that broke the German army

George Lawrence Price was a typical Canadian soldier in the First World War, except for the timing of his death.

He holds the sad distinction of being the last Canadian and last Commonwealth soldier to die in the conflict that claimed more than 60,000 Canadians in its four years.

A total of 10,000 men were killed, wounded or listed as missing from all participating armies on the last day of the war, according to historical records.

Price, a 25-year-old farm labourer before he enlisted, was struck by a single shot and killed two minutes before the 11 a.m. armistice went into effect on Nov. 11, 1918. A native of Port Williams, N.S., he moved to Moose Jaw, Sask., as a young man and joined the army there in October 1917.

On Nov. 11, Price was part of the Canadian advance through the outskirts of Mons in Belgium, where one of the earliest battles of the war had been fought in 1914 and where the first British soldier had been killed.

"They were clearing through the village and people in the village told them to be careful, the Germans are still here," said Maj. Jim McKillip, a historian with the Canadian Forces directorate of history and heritage. "He pushed on anyway and he got shot."

Author James McWilliams, in a 1980 Reader's Digest article entitled The Last Patrol, reported that Price and several colleagues were checking out possible German machine-gun nests in the village when the enemy opened fire. Civilians waved to the Canadians, urging them to take shelter in their home.

Grade 6 students from Rockheights Middle School, accompanied by Canadian Forces personnel, place more than 2,000 poppies on military gravesites at God's Acre Veterans Cemetery in Victoria, B.C. Friday. No Stone Left Alone is an initiative that honours and recognizes the sacrifice that Canadian military men and women made while serving Canada. CHAD HIPOLITO/ THE CANADIAN PRESS

"George was facing me," fellow soldier Art Goodworthy told McWilliams. "And I was saying something to him when all of a sudden BANG! He fell forward into my arms. I could have cried. It was not an accidental shot. It was a sniper from way up to the end of the street."

The Americans say one of their soldiers, Pte. Henry Gunther, was the last to die in the war. The Baltimore native, who was of German descent, was part of a charge against surprised German troops who tried to warn the Americans off because they knew the ceasefire was approaching.

McKillip said there are accounts that the Germans called out to the Americans, waved at them and even fired a burst from a machine-gun into the air to get them to back off, only shooting at the U.S. troops when they began to shoot at the Germans.

THE CANADIAN PRESS

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How the poppy became symbol of remembrance

They've gone from the battlefields of the First World War to the buttonholes of thousands around the world.

Pinning small red and black poppies onto clothing in the weeks leading up to Remembrance Day became entrenched as a symbol of remembrance a few years after the publication of Canadian Lt.-Col. John McCrae's 1915 poem In Flanders Fields.

McCrae's text — which begins and ends with references to the poppies in battlefields in the Flanders region in Belgium — inspired an American woman named Moina Michael in the last year of the war to wear a red poppy as an emblem of respect and remembrance for those who died in the First World War.

Michael then led a campaign to have the American Legion recognize the poppy as the official symbol of remembrance in 1920.

Meanwhile, Anne Guerin, a French woman who was inspired by Michael's example and McCrae's poem, began selling cloth versions of the poppy through her organization — the American and French Children's League — to help raise money for war-torn areas in Europe.

Guerin then travelled to Britain and Canada in 1921 and convinced the British Legion and the Canadian Great War Veterans Association, which was a predecessor of the Royal Canadian Legion, to adopt the poppy as their symbol of remembrance.

The flower was adopted as a symbol of remembrance in Australia that year as well.

While the first artificial poppies came to Canada from Guerin's organization in France, by 1922 they were made locally at Vetcraft shops staffed by disabled soldiers and run by Veterans Affairs Canada.

Production of the poppies has since shifted to a company in Ottawa that manufactures them year-round for the Royal Canadian Legion, which was granted trademark copyright of the poppy symbol in Canada in 1948.

THE CANADIAN PRESS

Canada's war dead

A woman purchases a poppy in Ottawa on Friday. JUSTIN TANG/THE CANADIAN PRESS

- **First World War (1914-1918):** About 650,000 served; about 66,000 died.
- **Second World War (1939-1945):** More than one million served; more than 45,000 killed.
- **Korean War (1950-1953):** 26,791 soldiers served; 516 died.
- **South Africa War (1899-1902):** About 7,000 served; almost 300 killed.
- **Afghanistan (2002-2011):** 158 died over course of nine-year mission.

Prince Harry pays tribute to veterans of Afghan combat

Prince Harry lays a poppy wreath as he joins British troops and service personnel who remain in Afghanistan and International Security Assistance Force (ISAF) personnel and civilians as they gather for a Remembrance Sunday service at Kandahar airfield in Afghanistan. Harry, a veteran of Afghanistan combat, placed a handwritten note on the wreath he placed that said: "There is no greater love than to lay down one's life for one's friends. They will never be forgotten. Harry." MATT CARDY/GETTY IMAGES

Poppy display draws crowds

Parts of a display of almost a million ceramic poppies that have filled the Tower of London moat to mark the centenary of the First World War will be preserved and go on tour, organizers in London, England, said Saturday.

The temporary installation, titled Blood Swept Lands and Seas of Red, has generated intense interest, with thousands lining up daily to look since it opened in August. Each of the 888,246 poppies represents a service member from Britain or its empire killed in the Great War.

Organizers estimate four million people will have visited the display by Tuesday, known in the U.K. as Armistice Day, the anniversary of the end of the First World War on Nov. 11, 1918.

The poppies are due to be removed starting the next day, and sent to people who have bought them in return for donations to military charities.

But there have been calls from politicians and members of the public to keep the installation open longer.

Prime Minister David Cameron visited the site Saturday, saying it had become a "much loved and respected monument."

Cameron said parts of the display, including a "wave" of poppies rising beside an entrance to the centuries-old Tower, would remain until the end of the month before going on a national tour. They eventually will be preserved in the Imperial War Museum. THE ASSOCIATED PRESS

Counting the dead

888,246

The number of ceramic poppies that fill the Tower of London moat. Each of the 888,246 poppies represents a service member from Britain or its empire killed in the First World War

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North Korea

Bae arrives home following release

Kenneth Bae, a Korean-American missionary with health problems, arrived home after two years in prison in North Korea. He thanked the U.S. government for securing his release. THE ASSOCIATED PRESS

Lucky pair

Mom recovering after embolism during C-section

A Florida mother is home and tending to her infant less than a month after surviving without a pulse for 45 minutes following complications from a routine caesarean section.

A Boca Raton Regional Hospital spokesman told The Associated Press Sunday that medical workers spent three hours trying to revive the woman after a rare, circulation-stopping and commonly fatal amniotic fluid embolism. THE ASSOCIATED PRESS

Israel

Shooting of man, 22, fuels protest

Israeli police went on heightened alert Sunday following protests across the country over the fatal shooting of a 22-year-old Arab Israeli who appeared to be retreating from police, as the prime minister vowed a tough response

"Israel is a nation of law. Whoever violates the law will be punished severely. We will not tolerate disturbances," said Israeli Prime Minister Benjamin Netanyahu. THE ASSOCIATED PRESS

Germany commemorates 25 years since the Wall fell

'Reclaiming freedom.' Celebrations mark a quarter-century since Germany declared its unity, freedom from Soviet influence

As Germany celebrated the 25th anniversary of the fall of the Berlin Wall, Elke Rosin recalled on Sunday how lucky her family had been.

Her pet parakeet and a few personal belongings were all that Rosin managed to grab before her family fled from East to West Berlin 53 years ago. Hours after their frantic escape, the Communist authorities in East Germany sealed off the border and began building the Wall.

"We all got away and nobody died," said Rosin, who is now 70.

Others weren't so fortunate. During its 28-year existence, at least 138 people died at the Wall, and hundreds more were jailed for trying to escape.

German Chancellor Angela Merkel honoured their memory and paid tribute to those who helped bring down the Wall, calling its collapse an example of the human yearning for freedom.

On the night of Nov. 9, 1989, thousands of East Berliners streamed through the once-closed border crossings after Communist authorities caved in to mounting pressure and relaxed travel restrictions that had kept their citizens from going to the West for decades.

The Brandenburg Gate stands illuminated during celebrations of the fall of the Berlin Wall on Sunday in Berlin. The city is commemorating the 25th anniversary of the fall of the Wall, with an installation of 6,800 lamps coupled with illuminated balloons along a 15-kilometre route where the wall once ran and divided the city into the capitalist West and communist East. Its dismantling in 1989 was symbolic of the revolutions sweeping through Soviet-controlled countries, heralding the end of the Cold War. SEAN GALLUP/GETTY IMAGES

"It was about reclaiming freedom, about being citizens, not subjects," Merkel said at the main memorial site for the Wall on Bernauer Strasse.

The protests in East Germany were spurred by changes that had already taken place elsewhere in Eastern Europe, she said, citing the examples set by democracy movements in Poland, Czechoslovakia and Hungary.

"The fall of the Wall has shown us that dreams can come true," said Merkel, who grew up in East Germany.

"Nothing has to stay the way it is, however big the hurdles are."

Activists staged a small demonstration during the memorial event, holding up a banner with the words "No wall around Europe" to protest the treatment of refugees trying to reach the continent.

A million people were expected to attend Sunday's festivities in Berlin, which included an open-air party at the city's Brandenburg Gate and the release of hundreds of helium-filled balloons strung along a 15-kilometre stretch of the former border. THE ASSOCIATED PRESS

Germany's history

While the fall of the Berlin Wall on Nov. 9, 1989, is a historically significant moment, German Chancellor Angela Merkel noted another critical event in the country's history that also occurred on Nov. 9.

- **The Night of Broken Glass.** On Nov. 9, 1938, Germany paramilitaries launched a pogrom (a violent riot aimed to persecute or massacre ethnic and religious groups) against Germany's Jewish population.
- **An opening note.** Merkel believes that while Nov. 9 marks the country's will to be free, it carries the weight of knowing it represents the beginning of the death of millions: "I feel not just joy, but the responsibility that German history burdens us with."

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Up in smoke. Massachusetts town aims to ban sales of all tobacco products

The cartons of Marlboros, cans of Skoal and packs of Swisher Sweets are hard to miss stacked near the entrance of Vincent's Country Store, but maybe not for much longer: All tobacco products could become contraband if local health officials get their way.

This sleepy central Massachusetts town of 7,700 has become an improbable battleground in America's tobacco wars. On Wednesday, the Board of Health will hear public comment on a proposed regulation that could make Westminster the first municipality in the United States to ban sales of all tobacco products within town lines.

"To my knowledge, it would be the first in the nation to enact a total ban," said Thomas Carr, director of national policy at the American Lung Association. "We commend the town for doing it."

David Sutton, a spokesman for Richmond, Virginia-based Altria Group Inc., owner of the nation's biggest cigarette maker, Philip Morris USA, called the proposal a "bad policy" that will harm local employers.

"We believe businesses should be able to choose which products they carry," Sutton said. "If the ban were to be implemented, adult tobacco and e-vapour consumers could shift their purchases to neighbouring stores. The proposed regulations, if enacted, would fundamentally alter these businesses and would likely cost Westminster jobs." THE ASSOCIATED PRESS

Fears of all-out war reignited in Ukraine

Rebel-held Donetsk shaken. Early Sunday explosions destroyed four buildings

The heaviest shelling in recent weeks has shaken the main city in Ukraine's rebel-held east, heightening worry about the renewal of full-scale conflict despite a ceasefire signed two months ago between Ukraine and Russia-backed separatists.

Artillery explosions roared throughout the early hours of Sunday in Donetsk, quietening only after sunrise. A city council statement said four residential buildings were destroyed, but it didn't give information on casualties.

The ceasefire called on Sept. 5 has been violated almost daily. Some of the heaviest fighting focuses on Donetsk's airport.

On Saturday, Associated Press reporters saw scores of military vehicles moving near Donetsk and farther to the east.

Many of the unmarked vehicles were towing artillery. Ukrainian officials say rebel forces have received new weaponry and manpower from Russia. Moscow denies such claims. THE ASSOCIATED PRESS

Possibly more coming

80

Associated Press reporters saw more than 80 military vehicles on the move Saturday in separatist-controlled areas of Ukraine, indicating intensified hostilities may lie ahead.

Unmarked military vehicles parked on a road outside the separatist rebel-held eastern Ukrainian town of Snizhne on Saturday. MSTYSLAV CHERNOV/THE ASSOCIATED PRESS

Loophole. Visa ban complies with rules but defies their spirit: WHO

Canada appears to have used a loophole — a rather large one — to justify to the World Health Organization its decision to stop issuing visas to residents and nationals of Ebola-affected countries.

The global health agency says Canada's new policy contravenes the spirit if not the letter of the International Health Regulations, but there is little the WHO can do about it.

International health law experts have said Canada's policy, announced Oct. 31, is a violation of the International Health Regulations, known as the IHR.

That treaty stipulates that in a global public health emergency, countries shouldn't take actions that impede international trade or travel beyond what the World Health Organization has recommended. And if they do, the WHO can ask them for the scientific evidence underpinning the move.

For months the global health agency has been urging countries not to restrict travel to and from Guinea, Sierra Leone and Liberia, saying the combination of border closures and the sharp decline in flights to those countries is hindering efforts to contain the epidemic.

The WHO's official written guidance says there should be "no general ban on international travel or trade."

When Canada announced its new policy, the WHO asked for an explanation. A teleconference between Canadian and WHO officials took place Thursday, at which point the Canadians insisted the new restrictions do not constitute a general ban.

The visa policy does not apply to Canadians. So travel between West Africa and Canada by health-care workers who are volunteering to help in the Ebola effort is not affected. Likewise it does not apply to holders of visas that have already been issued but not yet used.

A comment on the meeting sent by email on Friday from Citizenship and Immigration Canada appeared to suggest the WHO was fine with the Canadian visa restrictions.

But on Saturday, a senior WHO official said that while the agency must concede the Canadian restrictions don't represent a general ban on travel, the guidance should not be interpreted as a green light to impose partial bans.

"In keeping with the spirit of IHR, this goes beyond what IHR says," said Dr. Isabelle Nuttall, head of the WHO's department of global capacities alert and response.

THE CANADIAN PRESS

Health-care workers carry the body of a man suspected of dying from Ebola, outside Monrovia, Liberia, on Saturday. ABBAS DULLEH/THE ASSOCIATED PRESS

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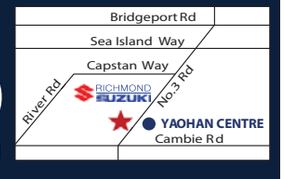

B.C. First Nation abuzz over medical pot grow-op proposal

Growing some green.
Proposed facility could bring jobs, money to the band in B.C.'s Interior

When Elaine Alec started door knocking in her First Nation community to ask families and respected elders if they would approve of an on-reserve medical marijuana grow-op, she braced herself for the worst.

"My first line was: 'So … What do you think of medical marijuana?'" said Alec, a planning and community engagement specialist with the Penticton Indian Band in British Columbia's Interior.

"I was completely surprised that people would get a look of thought on their faces and were thinking about it. They would say, 'I think that's a good idea.'"

Now, the band's proposal to build a medical pot facility is moving forward with substantial community support as the First Nation looks at growing a cannabis strain that caters specifically to health conditions afflicting indigenous populations.

The numbers

The proposed $10-million production facility, to be rolled out in three phases, has big potential to create jobs and financial gain for the band of about 900, said Elaine Alec, a planning and community engagement specialist with the Penticton Indian Band, who also sits on Kaneh Bosm's advisory board.

- Kaneh Bosm BioTechnology president Michael Martinz said he first approached the band in August of this year, and found an ideal property for the planned 9,300-square-metre production space.

A greenhouse in British Columbia. The Penticton Indian Band in B.C.'s Interior is considering growing medical marijuana. BW GREENHOUSE/HANDOUT/THE CANADIAN PRESS

If members approve the plan, the band would become the first aboriginal producer to become federally licensed in Western Canada, paving the way for what its business partner hopes will become a cross-country model.

The band's development corporation signed a letter of intent to build the facility with cannabis producer Kaneh Bosm BioTechnology in September and held its first community information session last month.

Alec, who sits on Kaneh Bosm BioTechnology's advisory board, said the company is currently testing a marijuana strain in topical solutions, edibles and teas for certain diseases, she said.

THE CANADIAN PRESS

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Royal Bank

A new way to pay a heartbeat away?

Pay with your wrist. BLUESKY COMM/ HANDOUT/THE CANADIAN PRESS

You've heard of paying retailers with the tap of a smartphone, but Royal Bank thinks shoppers are ready to take another big step: wearing payment options on their wrist.

The bank has paired with Toronto-based technology developer Bionym to test a wristband called Nymi, which identifies owners through their unique heartbeat and then lets them charge purchases to their credit card. THE CANADIAN PRESS

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NOVEMBER 11 STILL AS IMPORTANT AS EVER

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

This Remembrance Day, unfortunately, we won't have to reach back too far to remember those who have made the ultimate sacrifice to preserve our way of life.

• Oct. 22: Corporal Nathan Cirillo, 24, shot and killed at the National War Memorial in Ottawa.

• Oct. 20: Warrant Officer Patrice Vincent, run over by a car and killed in the parking lot in St-Jean-sur-Richelieu, Que.

Both Canadian soldiers were killed by self-styled jihadists who enlisted in an unholy war sponsored by a savage cult born of chaos in the Middle East. In case you've been distracted by the Jian Ghomeshi train wreck, Canada is at war today and Canadian soldiers are risking their lives to prevent that cult from terrorizing our daily lives.

Then, you don't have reach too far back beyond that to honour the 158 Canadian soldiers killed on duty in Afghanistan.

Incredibly, more Canadian soldiers have taken their own lives in the last decade than died in combat in Afghanistan. Statistics show that between 2004 and March 31, 2014, 160 military personnel have committed suicide. We can spend some time reflecting on their pain and suffering as we wonder why.

Lest we forget, these are skirmishes compared to the great world wars of the 20th century in which more than 100,000 Canadian soldiers were killed in combat or died of their injuries.

This year, as if Remembrance Day were not compelling enough, it is the 100th anniversary of World War 1. In London, there's a truly haunting memorial that has captured the hearts of all Britons. Called Blood Swept Lands and Seas of Red, and installed around the walls of the Tower of London, it's an artwork featuring nearly 900,000 ceramic poppies, each representing a British soldier killed in the First World War.

So many people have come to the exhibit, Tube stations around the Tower have been plugged and shut down. Local officials are pleading with people to postpone their visits; a plea that is falling on deaf ears. This year, more than ever, Remembrance Sunday in Britain was, and Armistice Day will be, more than a polite ritual.

World War I was also called the Great War, and many believed it was so horrific it would be the war to end all wars. Not even close, it turns out. This very day the global village is rent by conflict, with the added threat of social media-fostered homegrown terrorism.

If there is a silver lining in this cloud of painful remembrance, it is that we are fully engaged this year. It's easy to predict that, regardless of the November weather, crowds at the Cenotaph and war memorials around Metro Vancouver will be larger than usual.

This Tuesday is our opportunity to come together as a community and honour those of us who have died or have been injured protecting the front line of our democracy.

Whether we like it or not, it looks as if Remembrance Day is going to remain relevant for some time to come.

Hurray for 7-5-3 day

A kimono-clad girl has lipstick applied during a festival at Meiji Jingu Shrine in Tokyo over the weekend. KOJI SASAHARA/THE ASSOCIATED PRESS

Children of certain ages celebrated

Shichi-go-san (7-5-3) is a Japanese festival for children who are 3, 5, and 7 years old, as the name suggests.

The official date is Nov. 15, but as it's not a national holiday, most families will hold their festivities on the nearest weekend instead.

Parents will take their children to a local Shinto shrine. There, they pray for the well-being of their children.

Usually a purification rite is also performed during the festival.

ZOOMINGJAPAN.COM

Milestones

- **Age 3.** During the samurai era, kids would have their heads shaved at birth. At 3, they were finally allowed to grow it.
- **Age 5.** Boys put on a hakama for the first time in public.
- **Age 7.** Girls began using an obi sash to tie their kimono.

Comments

RE: NDP Deputy Leader Megan Leslie says Liberals Could Have Kept 'Misconduct' Quiet, published online Nov. 8, 2014

Not a big Trudeau fan (though less of a Harper fan), but the NDP is staking out the wrong ground on this one. Seriously wrong.

I don't want to downplay the potential for harm if someone is wrongly accused, but that problem exists with all crimes, not just sexual misconduct.

Trudeau acted properly and no victims have been named.

So it kind of makes you wonder what it is that the NDP is upset about. When it finally occurs to them how stupid they look in all of this (not to mention that they are actually claiming that perpetrators of sexual harassment and assault need their privacy).

Megan doth protest too much, methinks.

Jeff200,
posted to metronews.ca

While harassment allegations are nothing to take lightly, I feel as though given the NDP's reaction to try to make political hay out of Trudeau doing the right thing is beyond contemptible.

I'm also convinced that had Trudeau tried to handle it quietly and internally, they would have attacked him for not taking the allegations seriously, and trying to cover it up.

Mulcair is coming off as amazingly greasy in this whole manufactured scandal, while Trudeau did the only thing he could — act like the leader of his party and suspend the MPs in question and be open and honest about why he was doing it. I am not sure how the women in question wouldn't feel safe by the actions taken ... they were not named, shamed, or brushed aside. Their allegations are being taken seriously and being looked into accordingly.

Baldurdash,
posted to metronews.ca

Playing politics?

I'm also convinced that had Trudeau tried to handle it quietly and internally, they would have attacked him for not taking the allegations seriously

RE: Mikhail Gorbachev Warns World 'On Brink of New Cold War,' published online Nov. 8, 2014

Russia invades Ukraine, new Cold War. America invades and destabilizes (countries in the) Middle East, no problem, they are the good guys.

chain n,
posted to metronews.ca

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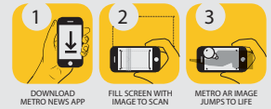

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Ebooks

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By. George R.R. Martin, Elio Garcia, Linda Antonsson

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Although it lacks the intimacy of the novels, this beautifully illustrated Game of Thrones history conveys entertaining tales of incest, betrayal and clever turnarounds. Through summarized stories and lines of lineage, you get a sense of the extreme personalities involved, along with satisfying revelations about Valyrian dragons, the children of the forest and the Iron Throne. **KRIS ABEL**

Movies

Interstellar, Big Hero 6 lead way

A team of Marvel characters rocketed past a group of astronauts at the weekend box office. Disney's Big Hero 6 debuted in first place with $56.2 million US, while the Paramount and Warner Bros. space saga Interstellar was second with $50 million. This is just the fourth time in box-office history that a pair of films both opened at $50 million or more. **THE ASSOCIATED PRESS**

There is nothing dirty about being paid for art

Q&A. Amanda Palmer discusses her new book The Art of Asking, and her days as a street performer

LISA WEIDENFELD
Metro in Boston

Singer Amanda Palmer has had a busy few years. After splitting from her record company, she decided to fund her next album through Kickstarter. What followed was crazy crowdfunding success, a scandal about whether she was paying the amateur musicians she invited to join her onstage, a wedding to novelist Neil Gaiman and the illness of her longtime friend and confidante, Anthony Martignetti.

At the end of it all, Palmer gave a popular TED talk about how important it is for artists to be open to asking for money for their work, and now, just out, is her new book, The Art of Asking, which covers everything from her days of being a street performer to what it's like to be married to a successful novelist. (Though her book tour is just kicking off, it's not without controversy — after initially posting on Facebook that ex-CBC host Jian Ghomeshi would still be attending her Nov. 25 event in Toronto, Palmer uninvited him.)

Why do people have a hard time with the connection between art and money?
It's like the intersection of love and money. We have a romance about one, and a pragmatic idea about the other, and it's hard to see them merge. We don't like getting our art dirty. As human beings, we really compartmentalize the money department and the love department and the art department, when in fact those things are often interconnected and undeniably linked. So it can be difficult for a lot of artists to even just talk about it because they want to keep those compartments separate.

What made you decide to speak up about this issue?
I don't know if there was necessarily a moment when I decided to speak up about it. It was more a question of being called upon ... I despise being told what to do, and I didn't respond very positively to being bossed around by corporate labels. So I was forced into a position of, just by necessity, running my own business and defending my decisions to people.

Are you worried people are already too aware of what you're writing about?
A lot of the stuff in the book is not stuff I've covered or blogged about. I rarely talk about my real relationship with Neil. I've rarely touched on my relationship with Anthony. I haven't talked a lot on my blog about the old days. The beginning, and my childhood, and the 8-foot bride (street performance) and that sort of stuff. ... It's a story of the course of a couple of years and what happens leading up to the Kickstarter and the ensuing controversy and Anthony's illness.

How different do you think you'd be if you hadn't been a street performer?
I don't think I'd be as open. That may be my retro, romantic opinion, but I really do think being a street performer gave me asking balls of steel ... There is an education about humanity and about perseverance that you get as a street performer that you just don't get anywhere else, because you have to just f--king deal with whatever happens to you.

Quoted

"I really do think being a street performer gave me asking balls of steel."

Amanda Palmer, singer and author, on her early days as 'the 8-foot bride'

Lisa Kudrow was as surprised as anyone when HBO revived The Comeback, her 2004 series that was cancelled after one season. THE ASSOCIATED PRESS

TV. Kudrow revives role as a washed-up actress

Lisa Kudrow has no problem slipping in and out of her character Valerie Cherish when talking about the return of The Comeback. (The HBO series follows Cherish, a washed up actress desperate for fame and relevance, who is filming a reality TV show).

The show aired for just one season in 2004, with some critics suggesting it was ahead of its time — a concern shared by co-creator Michael Patrick King, Kudrow says.

"We were working on it and (King) went, 'What if we're too far ahead? That's not good.' I said, 'What are we gonna do about it now? There will be other seasons and then they'll catch up.'"

When Kudrow found out HBO was interested in bringing back the comedy, she was as surprised as everyone else. "A year ago? Never would have thought," she says.

They decided to do six episodes and pick up nine years later, because the idea of continuing as if no time passed was "ridiculous," she says.

In the new season, Valerie has hired USC students to shoot a pilot for a reality show that she's going to present to Andy Cohen for Bravo. In the years that have passed, she hasn't worked much, just guest-starred on a crime drama, participated in student films and starred in an infomercial for hair dye.

Cherish is often humiliated by people around her who don't take her seriously. Kudrow says some people are taking that way too personally.

"I was like, 'I don't know why you're taking it so hard. She was OK. Didn't you see she was OK? This is a person in denial. It's a wonderful tool," she laughs.

The Comeback airs Sundays on HBO at 10 p.m. ET/PT.

THE ASSOCIATED PRESS

Gotti lads are all grown up

Television. Reunion special revisits mobster daughter's family, a decade after she first invited viewers into her Long Island home

From left, Carmine, Victoria, John and Frank starred in the reality series Growing Up Gotti a decade ago. Now the family is reuniting for a one-hour retrospective. THE ASSOCIATED PRESS FILE

It seems like only yesterday, or could it be a decade, since Growing Up Gotti was lending an ear to the fortissimo life of mobster daughter Victoria Gotti and her three lads.

Now A&E is bringing back the family for a one-hour retrospective, inviting viewers to revisit the Long Island manse for reminiscing and vintage clips from the series (which aired in 2004-'05).

Victoria, now 51, is still the dolled-up matriarch, while sons John and Carmine are all grown up and no longer so reliant on hair gel and swagger. (But domestic drama remains: Youngest son Frank, 24, blew off the retrospective taping, claiming illness, according to the network.)

She still considers herself a writer by trade — she is a bestselling author and was a columnist for the New York Post — but her career has also found her competing on Celebrity Apprentice and starring in an off-Broadway musical.

Nonetheless, she spent life before the show chiefly known as a daughter of John Gotti, the late Dapper Don. So, a decade ago, she allowed cameras into her home in an effort to recast her identity.

But when the first round of filming was complete and the premiere date loomed, she became physically ill.

"The apprehension, the anxiety! I remember thinking, 'Just let it come out. One, maybe three episodes will air. It'll be a complete flop. Three people will tune in. Then we'll be done!'"

It didn't turn out that way, and when the series became an overnight hit, she asked herself, "Now what?"

What happened was a blast, she says. "I think it's one of the better decisions I've made, and I got to work with my kids. What better job for a working single mom?"

The series also fulfilled Gotti's goal of presenting herself not as the daughter of a legendary wiseguy, but as a liberated woman raised by a devoted dad: "He and my mother, they were great!"

Victoria is a personality who doesn't hold back, as reflected by her frequent reminder: "What you see is what you get."

But one thing you don't see is her professed preference for dressing down. She's no committed glamour-puss, she insists, despite being swathed in mink with her platinum tresses spilling nearly to her waist.

"This is not me. This is playing dress-up," she declares. "When I'm home, I don't wear makeup and I lounge around in sweats."

Long divorced, she was seen playing dress-up to the max on the show, as she suffered through dates with insufferable men. So how's her romantic life these days?

"Quiet. Very quiet," she says with a laugh. "You couldn't believe how quiet. But I think the right men are afraid. I hear it a lot, 'You're such high maintenance.' No, I'm really not! And I get the other end of that, 'You're too smart and savvy for me.' No, I'm really not!

"I'm cool! I'm fun! But all the wrong guys hang around. So I'm usually home on Saturday night. My sons and their girlfriends are, too. We watch a movie, and there's Rocky Road (ice cream)."

Not that she's complaining. More than once she says she wouldn't change a thing. "Regrets? None. Surprises? Lots," she says, then muses, "I was most surprised that this thing caught on!"

THE ASSOCIATED PRESS

Show time

Growing Up Gotti: 10 Years Later airs Monday at 9 p.m. EST on A&E.

Mark never clicked 'like' on Facebook flick

In not-so-surprising news, Mark Zuckerberg didn't enjoy watching The Social Network. The topic of the David Fincher-directed, Aaron Sorkin-written film about the founding of Facebook came up during a live Facebook Q&A. An audience member asked Zuckerberg how accurate it was.

"Wow, I haven't spent a lot of time thinking about that movie in a while. I kind of blocked that one out. It was a very interesting experience to watch a movie that was supposedly about my life," Zuckerberg said. "They went out of their way in the movie to try to get some interesting details correct, like the design of the office, but on the overarching plot, in terms of why we're building Facebook to help connect the world, or how we did it, they just kind of made up a bunch of stuff that I found kind of hurtful."

Mark Zuckerberg

ALL PHOTOS GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Not so Grande in the gift-giving department

STARGAZING
Malene Arpe
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Somebody keeps sending Ariana Grande bad gifts, including a 20-kilogram pumpkin, Yankee candles, dog and cat calendars, a three-piece mirror set from Kmart and a $200 anklet from Kay Jewelers. Surprisingly, it's a 29-year-old guy — and not your aunt who watches way too much Wheel of Fortune and names all the squirrels and sparrows in her garden.

Gwyneth Paltrow's GOOP is reportedly $1.86 million US in debt. Don't worry too much. It's linen-wrapped, monogrammed debt.

Amal Alamuddin has been nominated for a British Style Award. She's a nominee in three different categories: Best Dress Worn While Marrying George Clooney, Best Fancy Hairdo While Standing Next to George Clooney and Cute Shoes.

Jennifer Lopez admits that Ben Affleck was her first big heartbreak. Mine, too. But that was mostly because of Daredevil.

Iggy Azalea accidentally flashes a group of 13-year-olds while performing at a Bar Mitzvah. Today you are man who has already seen way too much.

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Five key things to consider before you begin investing

Stock market. The world of investing is a sexy place, as long as you know the risks and understand what you're getting into

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Before jumping into the complicated world of investing, do your homework and set up a practice account to help you understand the process. ISTOCK

Much of the personal finance media coverage is focused on the world of investing. It's sexy. A lot sexier than telling people to live within their means (jeez!), get their debt paid off (ugh!) or make a will (sigh).

One of the questions I get all the time relates to how to step into the world of investing. I'm an investor. You should be, too. But not until:

1. All your consumer debt is gone. If you're carrying consumer debt, it's because you're spending more money than you make, plain and simple. Job one is to plug the holes and get the debt paid off. No investment is going to return you more money than eliminating your expensive consumer debt.

2. You are living within your means. That means knowing the difference between wants and needs. And it means prioritizing what's really important over the desire to consume.

If investing is important, you'll need money to do it. So what are you not going to buy so you have the money to invest?

Investing also takes discipline. Go screaming from the investment world at exactly the wrong time and you'll make paper losses into real losses. Fail to set your sell-point, and greed may take over where common sense should rule.

Want to know if you've got the discipline to be an investor? If you're not living on a budget, you're not ready.

3. You understand what you're thinking of buying. There's an investment option for every kind of investor, but you must know what you're buying before you buy. Would you buy a car without knowing how to drive? So why would you buy an investment without knowing how it makes money, or how it can lose money?

If I had a nickel for every time someone told me they'd bought a mutual fund but couldn't tell me what was in that fund, I'd be able to buy myself a bank! Knowing what you're buying is step one in making good buying decisions. If you can't explain it to a 12-year-old, you don't know it well enough to buy it.

4. You match your investment and your time horizon. Short-term money — money you'll need in less than five years — needs to stay liquid, since you don't have enough time to wait for markets to recover should they dip.

Long-term investing means being prepared to leave the money there for more than a decade. If markets take a turn, you have the time to ride out the ups and downs.

Choosing an investment that matches your investment time horizon is important. And so is adjusting your investments as your time horizon changes. Kids going off to university in five years? Have you changed the investment mix in their RESPs to reflect a shorter time horizon?

5. You understand that all investing has risk and that the greater the potential return, the higher the risk you'll be taking.

If you aren't comfortable taking risk — if the idea of watching 30 per cent of your investment portfolio evaporate overnight makes you crazy — then you need to choose investments that will let you sleep at night.

No, you won't have the spectacular returns of those who fear nothing and take a leap into speculative investments. But you won't have the losses, either.

If you've got the stomach, and the money, to go big or go home, the world of investing is huge and you're limited only by your knowledge. If you're a more conservative investor, don't apologize or feel embarrassed for being a chicken. Stay true to your risk profile and you will be happy watching your eggs pile up slowly.

Want a great way to dip your toes into the world of investing without taking any risk, so you can learn without any pain? Build a practice portfolio and watch what the investments do and how you react.

Choose 10 investments you'd consider buying and track how they perform. Watch what happens and how you feel about the changes as your practice portfolio fluctuates in value. When you're comfortable, you can put some real money into the mix.

Some people see the stock market as a game. Some people see it as gambling. It's neither. Nor is it for everyone.

You'll know you're ready to be an investor when you've got a solid financial foundation (no debt, an emergency fund, a spending plan) and you understand the options you're considering well enough to feel completely comfortable buying them. Even a twinge of doubt means you're not yet ready.

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Index funds

If the whole investment thing just seems too overwhelming to even bother, don't give up.

You can buy investments that reflect what the market as a whole, or particular sectors of the market, are doing.

Do some research on index mutual funds or exchange-traded funds (ETFs).

The idea is to eliminate having to make individual investment choices by mirroring what's happening overall.

Want to jump on the quinoa bandwagon? Here's your chance

Lake Trout and Quinoa Pilaf with Sweet Potato and Cranberries. This meal comes together quickly

ROSE REISMAN
For more, visit rosereisman.com or follow her on Twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

The flavours of sweet potatoes, dried cranberries and maple dressing go so well for this fall quinoa dish.

Ingredients

Salad
- 1 medium sweet potato peeled and cut into cubes
- 1 cup uncooked quinoa
- 1 1/2 cups chicken stock
- 1/2 cup dried cranberries
- 1/4 cup diced green onions
- 1/4 cup chopped cilantro or basil
- Salt and pepper

Dressing
- 1/2 tsp minced garlic
- 1/4 tsp Dijon mustard
- 1 1/2 tsp apple cider vinegar
- 4 tsp maple syrup
- 1 1/2 tbsp olive oil
- 2 tsp lemon juice

Fish
- 1 1/2 lb lake or salmon trout
- Salt and pepper

Glaze (optional)
- 1/4 cup low-sodium soy sauce
- 1/4 cup maple syrup
- 2 tsp cornstarch

This recipe serves six. ROSE REISMAN

Quinoa is a hearty grain that's considered a complete protein and a complex carbohydrate with a low glycemic index. It's also gluten-free.

It's best to rinse your quinoa before cooking to eliminate the taste of the saponin, which can be bitter. I also like to cook my quinoa in a vegetable or chicken stock for added flavour.

Lake or salmon trout is a cross between both fish. It has a milder flavour and lighter texture than salmon and is also lower in calories and fat. You can also use rainbow trout fillets. The trout matches perfectly with the quinoa pilaf.

Directions

1. Preheat oven to 425 F. Spray a baking sheet with vegetable oil. Place sweet potato cubes on sheet and roast for 15 minutes or just until tender.

2. Meanwhile, bring quinoa and stock to a boil, cover and simmer on lowest heat for 15 minutes. Place in serving bowl with sweet potatoes and remaining salad ingredients.

3. Dressing: Combine ingredients and add to quinoa salad.

4. Fish: Either grill or bake fish at 425 F for about 5 to 8 minutes or just until opaque. Serve over top of quinoa.

5. Glaze (optional): Combine ingredients in small sauce pan. Bring to a boil, then turn heat to low and simmer for 3 minutes or just until slightly thickened. Drizzle over fish.

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Mommy, Daddy, welcome to my desk

Career. Adult children showcase changes to the workforce on Bring In Your Parents Day

LinkedIn employee Catherine Fisher, right, chats with her mom Deanna Hatch during the company's second annual Bring In Your Parents Day. MARCIO JOSE SANCHEZ / THE ASSOCIATED PRESS

Seta Whitford-Stark was dumbfounded last year when she found out her daughter Amy quit her job at an employee-recruiting agency to work for LinkedIn, an Internet company that Seta had never heard of. Amy tried to explain what the online professional networking service did, but Seta couldn't quite grasp the concept or why the 29-year-old would want to work there.

"Oh my God, what has she gotten herself into?" Whitford-Stark, now 73, recalls muttering to herself.

Then she got to observe Amy and her colleagues in action at LinkedIn Corp.'s New York office and came away with a much better understanding of her daughter's career.

Whitford-Stark participated in Bring In Your Parents Day, joining thousands of parents at companies around the globe in an event that gives workers a rare opportunity to showcase the cultural and technological changes that have transformed the modern workplace.

Conceived by LinkedIn last year, more than 50 companies and other organizations in 16 countries are now embracing this generational spin on the take-the-kids-to-work craze that began a couple of decades ago.

Companies realize that some parents who once tried to enlighten their kids by letting them tag along at work may be confused about what their now-adult children do.

"The first reaction when you hear about this is, 'Really, bring your parents to work? Is that really something you should be doing?" says LinkedIn Corp. CEO Jeff Weiner. But it makes sense, he says, once you have given it a try.

"Once you have done it and see how meaningful it is, it helps us all speak a common language in terms of how the world is working today."

Joe Hirz, 65, was pleasantly surprised by how much freedom LinkedIn's workers seemed to have while he accompanied his daughter, Jill Hirz-Jones, to LinkedIn's inaugural parent's day at the company's Mountain View, Calif. headquarters.

It was a stark difference to his 45-year career as an auto mechanic, a job that required him to account for his whereabouts and activity virtually every minute of his shift.

Getting an inside glimpse of LinkedIn also gave Joe, who didn't have a television set at home until he was 10 years old, a better understanding of how technology has changed the way people find jobs today.

More than 332 million people have set up profiles on LinkedIn pages where they share their career accomplishments, turning the service into a popular way to connect employers with talented workers.

"In my era, jobs came through word of mouth from your friends or in classified ads in newspapers," Joe says. "Now, it seems like you can get information almost immediately on a phone, including finding a job just about anywhere in the world."

Jill, 29, says it's now much easier to discuss work with her dad after last year's visit gave him a window into her corporate communications job.

"For him, working in a garage, communications meant speaking really loudly so everyone could hear him," Jill says. "Now, it's easier for him to understand when I am talking about a challenge on our communications team."

Some companies participating in Bring In Your Parents Day may be motivated by more than enlightening parents, says Brad Sago, a Wheaton College professor of business and management who specializes in generation-gap issues.

"Getting parents on their team is another way for companies to build brand equity," says Sago. "They are creating a company advocate, which is important because these parents are still influential in many children's lives."

As an advertising executive, Stoddart is unabashed in his desire to sell parents on the merits of working at Leo Burnett.

"We want our best employees to stay with us and parent advice is often involved in some of those big career decisions," Stoddart says. "So, it's OK with me if a parent says, 'Gee, I love that place, Leo Burnett. Why are you looking around?'"

Seta Whitford-Stark says she just wanted to see that Amy is thriving in her career. That mission was accomplished, though she still isn't sure about all the technology that powers LinkedIn's service.

"Everybody seemed to know all about computers except me," says Seta, a retired high school teacher who now substitutes.

Amy is hoping to give her mother an even deeper understanding of her job as a senior relationship manager when Seta returns for another session of Bring In Your Parents Day. If everything goes well, Amy says she may even try to set up Seta with her very own LinkedIn page.

THE ASSOCIATED PRESS

Pluses of the project

"Once you have done it and see how meaningful it is, it helps us all speak a common language in terms of how the world is working today.

LinkedIn Corp. CEO Jeff Weiner on the benefits of Bring In Your Parents Day

Teach us all you know

LinkedIn views parents' day as another way to help its 6,000 employees tap the knowledge of earlier generations.

- Research commissioned by the company found that nearly two-thirds of U.S. workers believe their parents have advice to give that could help further their careers but haven't yet shared it. On the flip side, about 20 per cent of the parents surveyed said they are reluctant to pass along their wisdom because they don't know enough about their children's careers.

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Lessons from the desert

Propose a new purpose when your pursuit has reached its pinnacle

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

The finish line is safely in your sights, but this is not the time to slow down. Conjure a greater reason to keep going.
ISTOCK

After success is achieved, it brings into view the type of 'Why?' or 'Now what?' reflections that can lead to complacency, or even self-sabotage. If this is occurring in your world, look to invent a new purpose.

Over the last five days, our team of three has been competing in a multi-day foot race in Antarctica. On the first day, we took the lead in the team category and finished seventh overall in the general classification, which includes all the individual runners. Days 2-4 and 20 more hours of racing later, every minute counting, we gave all we had, given the stiff competition.

On the final day of the race, still leading, our mental calculation yielded that by the fifteenth kilometre, there wouldn't be enough distance left for the second-place team to make up the time they had lost to us.

With victory in the bag, overwhelmed with having gotten it done, I started reflecting on the hundreds of hours of training that had led up to this point.

Almost simultaneously, my teammates and I all got a neural signal that went something like this: "You're done. You can stop competing now!"

As you might predict, our pace slowed down and our bodies started to hurt, even though there were still hours of running left to complete the final stage.

It was time to reframe the race, and invent a new purpose to continue to give our best until the end.

We discussed it as we walked, while being overtaken by much of the field. What should we run for? Our team was in eighth place overall; never before had a team finished among the Top 10 in this race. We agreed to run for that. Five kilometres later, we mentally calculated that that goal, too, was in the bag. What now?

It keeps you running

It was time to reframe the race, and invent a new purpose to continue to give our best until the end.

With 25 countries represented, my friend Ernie and I clued in that we were first among Canadians by the narrowest of margins. As a point of pride, we agreed to run hard for that.

I later realized I was leading the 50+ age category, which I might be able to hold if I ran with full force for another two hours.

None of these incremental goals carried a medal; albeit meaningless on the surface, each gifted us a newfound energy to replace the hurt we all had so we could continue with all cylinders firing until the very end.

Once we reach our first success milestone, sometimes we need to invent new reasons to push ourselves to redefine what our best is in order to reach new highs.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

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They all badger me during break time

Dear Metro,

I work in a hectic office, and when my break rolls around, I just want a few minutes of quiet solo time. Unfortunately, this rarely happens: More often than not, someone invites themselves to come wherever I happen to be going. How can I ditch my tagalongs without seeming like a grouch?

— Get Away from Me!

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Hiding from your office's Chatty Cathy isn't going to hold up forever. Explain to her that a few seconds of solitude each day does your soul some good. ISTOCK

Dear GAFM,

Think of yourself as a white-collar cat burglar: When the clock strikes breaktime, you soundlessly — and theatrically — tiptoe from your desk to the door. Can't pull off a Pink Panther? Bid adieu to your sidekicks with a nice but not-quite-enticing verbal dodge. When Beth asks to come for a coffee, tell her you're calling your mom. If Todd wants a breath of fresh air, explain that you're all about errands. Don't reject them outright — but don't offer an appealing invite.

And honesty should not cause ennui. Everyone has a different threshold for human contact, and there's nothing inherently offensive about wanting half an hour alone.

Should you get cornered into company, it's fair to explain — point-blank but politely — that you need a few minutes of solitude. Or tunnel yourself, Shawshank-style, to the sidewalk.

Dear Metro,

I work from home — and I also live below a diehard house music fan. Starting around 10 a.m. every morning, it's unst-unst-unst all over my apartment. I've asked the guy to turn it down, but he won't. I've told my landlord, but she isn't much help. How can I get work done when it feels like I live in a club?

— Not Feeling the Rhythm

Dear NFTR,

Breakfast is no time for bone-shaking bass, and house music is especially polarizing. Lots of people connect to it. But for those who don't, it can cause scratch-out-your-eyes, dig-in-your-brain aggravation.

If earplugs can't screen out the beats, try white noise. There are plenty of free apps offering productivity-enhancing tracks like "TV static" or "beach waves." You could also upstage his playlist with loud tunes of your own — although the combo of noises might sound like a bad DJ's crappiest mix.

When it comes to quiet, play the long game. Right now, he won't drop the volume. But what will he say in a few months, when you've made an effort to become his bud? Your impulse is probably to bang the ceiling with a broom and scowl in the halls. But a smile will more effectively oust his unsts.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

A moment for moi

Everyone has a different threshold for human contact, and there's nothing inherently offensive about wanting half an hour alone.

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4 SPORTS

MLS

Donovan's hat trick pushes Galaxy into West final

Landon Donovan scored three goals and set up Robbie Keane's goal, propelling the LA Galaxy into the Western Conference finals with a 5-0 victory over Real Salt Lake on Sunday night.

Donovan extended his career for at least three more weeks with a hat trick and a brilliant effort for the four-time MLS Cup champion Galaxy, who haven't lost at home in 17 games since March 8.

Donovan has announced he will retire after the season, but the most accomplished player in U.S. history is far from finished. He extended his own MLS record to 25 career playoff goals and left to a standing ovation.

The Galaxy will face the winner of the league-leading Sounders' series with FC Dallas, which concludes Monday night in Seattle.

THE ASSOCIATED PRESS

NHL

Sharks fall prey to Blackhawks

Defencemen Trevor van Riemsdyk, Brent Seabrook and Niklas Hjalmarsson scored in the first period, and the Chicago Blackhawks beat the San Jose Sharks 5-2 on Sunday night.

Bryan Bickell added a big goal in the third as the Blackhawks stopped a three-game home losing streak. Corey Crawford made 32 saves.

Joe Pavelski had two goals for San Jose, which was coming off a 5-3 victory at Dallas on Saturday night.

THE ASSOCIATED PRESS

The Ducks' Ryan Kesler fails to covert his shootout attempt against Canucks goalie Eddie Lack on Sunday night in Anaheim. HARRY HOW/GETTY IMAGES

Canucks win Duck hunt in shootout

NHL. Bonino haunts old team with winning goal as Vancouver takes six points during four-game road trip

On Sunday

Canucks	Ducks
2	1

Nick Bonino assisted on the tying goal by Alexandre Burrows in the second period and got the only goal in the shootout in his return to Anaheim, helping the Vancouver Canucks beat the Ducks 2-1 on Sunday night.

It was the first meeting between the teams since the June 27 trade that brought Ryan Kesler to the Ducks and sent Bonino and defenceman Luca Sbisa to Vancouver. Kesler spent his first 11 NHL seasons with the Canucks, helping them get to the Stanley Cup final in 2011 with 41 goals and winning the Frank Selke Trophy that season as the NHL's best defensive forward.

It was the Ducks' second loss in three nights at home against a club they won all five meetings against last season. The Arizona Coyotes beat them 3-2 in a shootout on Friday.

The Ducks, who led the league in goals last season en route to their second straight Pacific Division title, have just 11 in regulation over their past eight games. Defenceman Sami Vatanen had Anaheim's only goal against Eddie Lack, who finished with 28 saves and got lucky twice in the tiebreaker as Jakob Silfverberg hit the crossbar and Kesler rang one off the left post.

The Canucks capped a four-game road trip that also saw them earn wins over the Avalanche and Sharks but lose to the Kings on Saturday night.

THE ASSOCIATED PRESS

Lions search for restraint in time for playoffs

Jason Arakgi of the Lions tackles the Alouettes' Larry Taylor on July 4. The two teams lock horns again on Sunday. GETTY IMAGES

Of the many concerns surrounding the B.C. Lions heading into the playoffs, a lack of discipline has further infiltrated their game.

Suddenly rectifying that problem for a loser-goes-home situation doesn't seem like an easy fix for a team entering the post-season on an ugly two-game losing streak.

The Leos' loss to Calgary means they'll play the Montreal Alouettes on the road Sunday.

The Lions have been guilty of taking far too many penalties, a number of them of the dumb and undisciplined variety.

At this point, teams are supposed to be reaching their peak. The mistakes committed in June and July should be eliminated by now.

In the last three regular-season games, the Lions have committed 44 infractions for 318 yards. That's a lot of orange flags flying. And a lot of conceded field position.

Their opponents — Winnipeg, Edmonton and finally Calgary — have committed a combined 13 penalties for 139 yards in that same span.

That's on both the coaches and players.

"Sometimes I feel like some people don't really grasp the concept that when you get certain penalties … that changes the field position, it changes the complex of the game," said defensive back Ryan Phillips following Friday's game.

With a team that has so many other concerns on both sides of the ball, they can ill afford to hand the opposition freebie downs and field position.

"I wish I had the answer," said Phillips. "If we continue to do those things, we'll just be going home. That's the reality of it." CAM TUCKER/METRO

Quoted

"If we continue to do those things, we'll just be going home."

Lions defensive back Ryan Phillips on the team's knack for earning penalties

Taylor gets his first PGA title in style

On his fourth start. Abbotsford golfer calls title win 'surreal'

CAM TUCKER
cam.tucker@metronews.ca

Canada's Nick Taylor hoists the trophy after winning the final round of the Sanderson Farms Championship at the Country Club of Jackson on Sunday in Jackson, Miss. MICHAEL COHEN/GETTY IMAGES

Abbotsford golfer Nick Taylor claimed his first ever PGA Tour victory and did so convincingly.

A graduate of the Vancouver Golf Tour, PGA Tour Canada and Web.com Tour, Taylor made eight birdies and some clutch par putts in his final round on Sunday to take the Sanderson Farms Championship in Jackson, Miss.

The victory comes in just his fourth start as a full-time PGA Tour player. He hadn't finished inside the top 25 in any of the three previous events this year.

"Unbelievable. I called my wife and she's in tears. She doesn't know what's going on. I don't really know what's going on either," said Taylor.

"She's going to be in tomorrow. We're going to Mexico together.

"It's very exciting. I didn't expect it this early, obviously. I always had the belief that I could win. It really sets up the rest of the year with the fast start. And it's very surreal, yeah, for sure."

Following a three-putt bogey on the final hole — he had a three-stroke lead walking up to the 18th green, so was in no real danger if he gave away a stroke — he was met by fellow Canadian Adam Hadwin, who was there to congratulate Taylor on his achievement.

Taylor and Hadwin both grew up in Abbotsford.

Taylor fired a final round six-under par 66. He finished two shots clear of Boo Weekley and Jason Bohn, who finished tied for second.

Taylor's front nine included one bogey, sandwiched in between five birdies. But he took over for good on the back nine, with three consecutive birdies.

He seemed in cruise control from there, calm for a rookie in such an important moment.

There was a rush of congratulatory messages for Taylor on social media.

The winner's share was $720,000, and Taylor will move up exponentially in the early FedEx Cup standings.

Within three minutes

Swansea teaches Arsenal a lesson

Swansea scored twice in less than three minutes to rally to a 2-1 victory over Arsenal in the Premier League on Sunday, with substitute Bafetimbi Gomis grabbing the winner barely 90 seconds after coming on.

A listless game played in driving rain in south Wales was sparked into life by Alexis Sanchez' close-range finish in the 63rd minute, the Chilean scoring for the fourth straight EPL game.

"It's difficult to explain how we lost the lead," Arsenal manager Arsene Wenger said. THE ASSOCIATED PRESS

Brazilian Grand Prix

Rosberg closes in on Hamilton in F1 title race

A week after seeing Lewis Hamilton overtake him to win the United States Grand Prix, Nico Rosberg fended off another strong challenge by his Mercedes teammate to secure the victory at the Brazilian GP and close in on his rival in the Formula One title race.

"It was a great weekend all in all," Rosberg said. "I learned from Austin and did better."

Hamilton can still clinch his second title with a second-place finish in Abu Dhabi. THE ASSOCIATED PRESS

NBA. Raptors have their way with 0-for-76ers

When DeMar DeRozan scored on a spectacular 360 layup Sunday night, he couldn't help but smile to himself.

The highlight-reel basket was the punctuation mark on a night that saw the Toronto Raptors run roughshod over the Philadelphia 76ers, improving their Eastern Conference-leading record to 6-1 with a 120-88 win.

The Raptors are alone atop the East for the first time in franchise history.

DeRozan poured in 24 points on a veritable smorgasbord of shots, while Terrence Ross added 17, and Lou Williams 16. THE CANADIAN PRESS

The Toronto Raptors' Kyle Lowry TORSTAR NEWS SERVICE

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NFL

Lynch scores four TDs as Seahawks beat Giants 38-17

As the rain started falling harder, a shower of Skittles joined the wet stuff pelting from the sky.

Marshawn Lynch was in the end zone again.

Lynch rushed for a season-high 140 yards and career-best four touchdowns and the Seattle Seahawks overcame their own sloppiness for a key 38-17 win over the New York Giants on Sunday.

The 350 total yards rushing by Seattle (6-3) was a franchise record and the most in the NFL since Cleveland had 351 versus Kansas City in 2009. THE ASSOCIATED PRESS

Romo conquers London

The Dallas Cowboys' Tony Romo drops back against the Jackson Jaguars at Wembley Stadium on Sunday in London, England. Scan the image with your Metro News app for more Sunday results from around the NFL. CHARLIE CROWHURST/GETTY IMAGES

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You may not want to get involved in a dispute between work colleagues but you have no choice. When things start to get heated, you must step in and calm things down.

♉ Taurus
April 21 - May 21
Be honest about what you think today, even if your point of view is likely to offend. You are as entitled to your opinion as others are to theirs. Speak up.

♊ Gemini
May 22 - June 21
You will start the week inspired mentally and overflowing with energy physically. If you can apply your talents there is no limit to what you can achieve over the next four or five days.

♋ Cancer
June 22 - July 23
Today's Mars-Pluto link in your opposite sign of Capricorn could create a false sense of urgency. Take your time. Make your next move the right one.

♌ Leo
July 24 - Aug. 23
If you try to play mind games today you could find your tactics backfire. Some people are passionate about their beliefs and if you antagonize them you are asking for trouble.

♍ Virgo
Aug. 24 - Sept. 23
Mars-Pluto link in the most creative area of your chart will help you get a project off the ground. Don't move too quick or your resources will run dry.

♎ Libra
Sept. 24 - Oct. 23
No matter how hard you try to control your feelings today, Mars and Pluto will make it difficult not to get angry about something. You are probably right to blow your top.

♏ Scorpio
Oct. 24 - Nov. 22
You should by now have overcome whatever fears were holding you back, but if something is still bothering you then deal with it today.

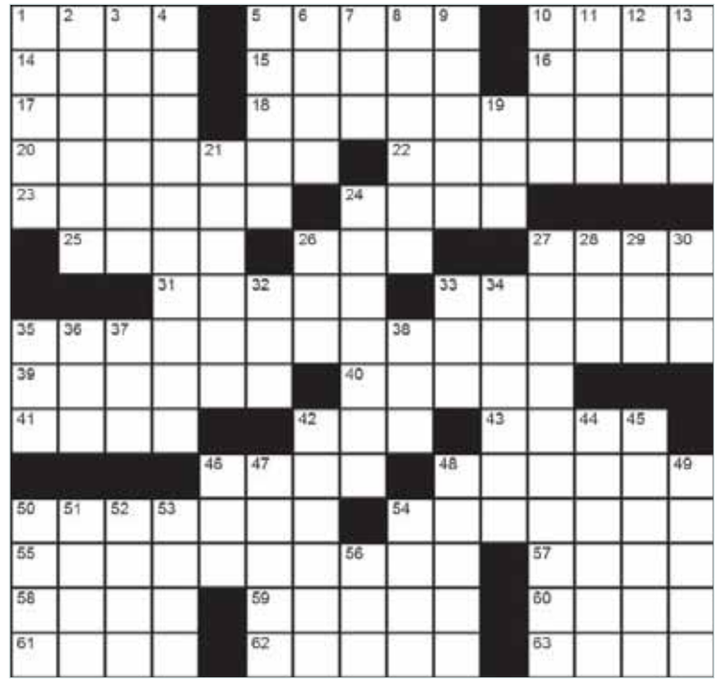
♐ Sagittarius
Nov. 23 - Dec. 21
What is it you want the most? Once you have put a name to your desire you will be amazed how easy it is to make it yours.

♑ Capricorn
Dec. 22 - Jan. 20
You may feel that you can take on the world and win, but why make a war of life? Today's Mars-Pluto union in your sign endows your personality with power. Ask for what you want.

♒ Aquarius
Jan. 21 - Feb. 19
You may feel that you have lost control over certain aspects of your lifestyle, but is it a big deal? The fact that other people are determined to take decisions for you frees up time to pursue more interesting ambitions.

♓ Pisces
Feb. 20 - March 20
You'll get the chance to tackle an issue that's been worrying you for months. A friend may offer to help you out. They know what needs to be done.

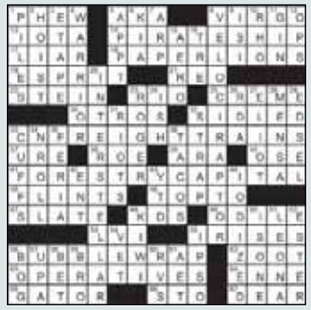
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Help Hand link: 2 wds.
5. Director Frank
10. Illusionist, archaically
14. __ contendere (Court plea)
15. Put on _ __ (Dress warmly)
16. Mr. Kristofferson
17. Plaintiff
18. Lancaster bombers WWII-set movie, "The __ __" (1955)
20. "M*A*S*H" spinoff, "__ John, M.D."
22. WWII American-Canadian commando unit movie, "The Devil's __" (1968)
23. Backslide
24. Peel
25. Change
26. SPCA protectee
27. Confront
31. Egg-shaped
33. Patrick __ (Author of Napoleonic Wars novel Master and Commander)
35. Ernest Hemingway WWI-era novel: 4 wds.
39. Canadian pilots movie, "Captains of the __" (1942)
40. "The movie's starting!": 2 wds.
41. US state
42. Ques. follower
43. Card game
46. Domesticated
48. Ideally: 2 wds.
50. Setting of '63's "The Great Escape": 2 wds.
54. Underwriter
55. 1965 John Wayne/Kirk Douglas war movie: 3 wds.
57. Ceremony
58. Bus. concern
59. Money spent
60. Rocket org.
61. Two musical notes
62. "S*P*Y*S" (1974), for one
63. Toboggan

Down
1. Bugle, e.g.
2. More tart
3. On _ __ of absence
4. 1958 war picture starring Canadian actor Glenn Ford as a submarine commander: 2 wds.
5. Future soldier
6. Rent-_-__
7. Cheering prop half
8. Hopping critter
9. Make _ __ (Go right, for instance)
10. Business subj.
11. Locale
12. Fortify
13. Being
19. Mr. Caesar
21. Demonstrated
24. Sean Penn war flick, "The Thin __ __" (1998)
26. Dessert
27. 'Major' character on "M*A*S*H": 2 wds.
28. WWI: Ace = __ hero
29. Photo taker, briefly
30. Nav. rank
32. Hurting-one's sounds
33. Extra sports periods, briefly
34. Increases or encourages
35. Raptors' venue, commonly
36. Ms. Nightingale, to pals
37. Get an '_' __ (Succeed at quiz-taking)
38. Mil. officers
42. Escalates: 2 wds.
44. Type of military action, __ battle
45. Dangerous flying bug
46. Road surface
47. Mil. stockpiles
48. "Would you like __ __ this?" (I can't eat it all)
49. Sole pattern
50. Wharf
51. Single occurrence
52. "For __ the Bell Tolls" (1943)
53. "__ _ help you?" (Store's query)
54. Shakespearean character
56. Intl. commerce group

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

6	3	9	8	4	7	2	1	5
1	5	7	2	6	3	4	9	8
4	8	2	1	5	9	6	7	3
2	9	1	4	7	5	3	8	6
8	6	5	3	9	2	7	4	1
3	7	4	6	8	1	9	5	2
9	2	3	5	1	4	8	6	7
5	4	6	7	3	8	1	2	9
7	1	8	9	2	6	5	3	4

Today's Sudoku

7							3	1
1		4	2	9	3			
		8				6	2	
	2		4		7		5	
	4						7	
	3		6		1		9	
	7	6				3		
			7	3	4	8		2
4	8							5

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